



Pentagram

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He has risen: Arlington National Cemetery hosts Easter Sunrise Service

By Julia Simpkins
JBM-HH Acting Director of Public Affairs

At 6:30 a.m. Sunday, Easter Sunrise service commenced at Arlington National Cemetery's Memorial Amphitheater. The service, which has been held there since 1931, was curtailed into a live-streamed, virtual format because of COVID-19 restrictions. Including technical staff, there were fewer than 30 people in attendance at a venue meant to hold more than 1,000.

The lack of physical attendees did not dampen the impact of the event, however, with hundreds of online worshipers in attendance during the event and many more to replay and share it afterward.

The U.S. Army Band "Pershing's Own" sent a brass quintet and a chorus quartet. The quintet played the prelude, a bugler played the church call and the chorus quartet sang songs of worship throughout the beginning of the religious celebration.

Easter Sunday is a celebration of what Christians believe to Jesus Christ's return to life after being crucified to death three days before. His subsequent ascension to heaven is the pinnacle event that signifies him as the savior of all mankind, through redemption. Christians believe Christ bears the weight of all mankind's sins so we stand a chance of entering heaven through divine forgiveness.

After opening prayers and musical selections were over, Chaplain (Brig. Gen.) Andrew Harewood, the deputy chief of chaplains for the U.S. Army Reserve, delivered the message for the day, "Resurrection Power" which was derived from Philippians, 3:7-11.

A member of the Seventh Day Adventist church, Harewood opened his sermon by acknowledging the space he inhabited.

"Standing behind us at this very present moment is a sacred tomb guarded by some serious seasoned sentinels, who are relentless in ensuring that no one comes near this Tomb of our Unknown Soldier. And while this tomb is sacred (and by the way God knows exactly who is in the tomb behind us) this tomb isn't Sovereign. This tomb stands to be a witness that the lives of those who served our nation and are now resting, mattered," he said. "Our presence, purpose and praise here this morning talks about another tomb."

Mixing Christian metaphors and military jargon, Harewood divided his message into three distinct portions as he outlined a method for spiritual existence that would assure believers were on the right path to redemption.

"My message in capsule for our nation on this Easter Sunday Morning is this," he said.

Right size your battle space — know, where you stand as a Christian

"Like so many who have found themselves in the wrong battle space where everyone, including the church have written them off, Jesus stopped dying to redeem a condemned sinner. For in that critical act, I believe, Christ knowing what was about to happen on Sunday morning, was telegraphing what was possible to the entire world. "That I may know him and the power of his resurrection and the fellowship of his sufferings," he declared.

Reclaim your spiritual authority — know, your battle weapons systems

"There's a Hebrew custom which reminds us that if a family lost their property they had to go to a judge, and the book of deeds was consulted because the people had their property recorded there. This was done because it was understood that later on down the line a de-



Photos by Julia Simpkins
Chaplain (Brig. Gen.) Andrew Harewood, the deputy chief of chaplains for the U.S. Army Reserve, delivers the Easter message Sunday. The service was broadcast live from Arlington National Cemetery's Memorial Amphitheater and was viewed virtually more than 23,000 times via Facebook live.

pendent or family member could come back and redeem the items. However, to do so the family member must have what the Hebrews custom called a 'Go'el' that was a person who was related to the family and knows the judge. (Somebody knows where I'm going) right size your battle space. Know, where you stand as a Christian," he preached.

Building emotional momentum in what was perhaps the most dramatic moment of his sermon, Harewood graphically recounted each of Christ's disciples' trials and deaths after his crucifixion, making the point that these men were willing not only to live for Christ's principles but to die for them as well.

He challenged the listening audience to ponder not just what was worth living for, but what was worth dying for.

Relish in the promise of your prize — know, that you've been redeemed

"We attack each other by our history, but the enemy he attacks you by your destiny. God has a Purpose a Plan and Platform for your life," he said.

"Sitting in the beautiful amphitheater, watching the sky brighten as the sun rose. Hearing the inspirational music by the brass quintet and chorus truly made this Easter special," said Krista Kennaugh, a Family member who watched in person with her Family. "I was surrounded by my Family, worshipping the risen Christ and receiving the hope he offers in uncertain times. The service was well-organized and thoughtfully arranged to bring glory to our risen king."



Easter Sunrise Service at Arlington National Cemetery's Memorial Amphitheater featured The U.S. Army Band, "Pershing's Own." Above, the U.S. Army Brass Quintet is joined by the Chorus Quartet as Chaplain (Maj.) Scott Kennaugh, deputy base chaplain, JBM-HH, offers the responsive scripture reading.

Joint base conducts first SRP in 18 years



Photo by Staff Sgt. Luis Vegatorres
Joint Base Myer-Henderson Hall Commander Col. Kimberly Peeples reports to the first station in the Soldier readiness processing.

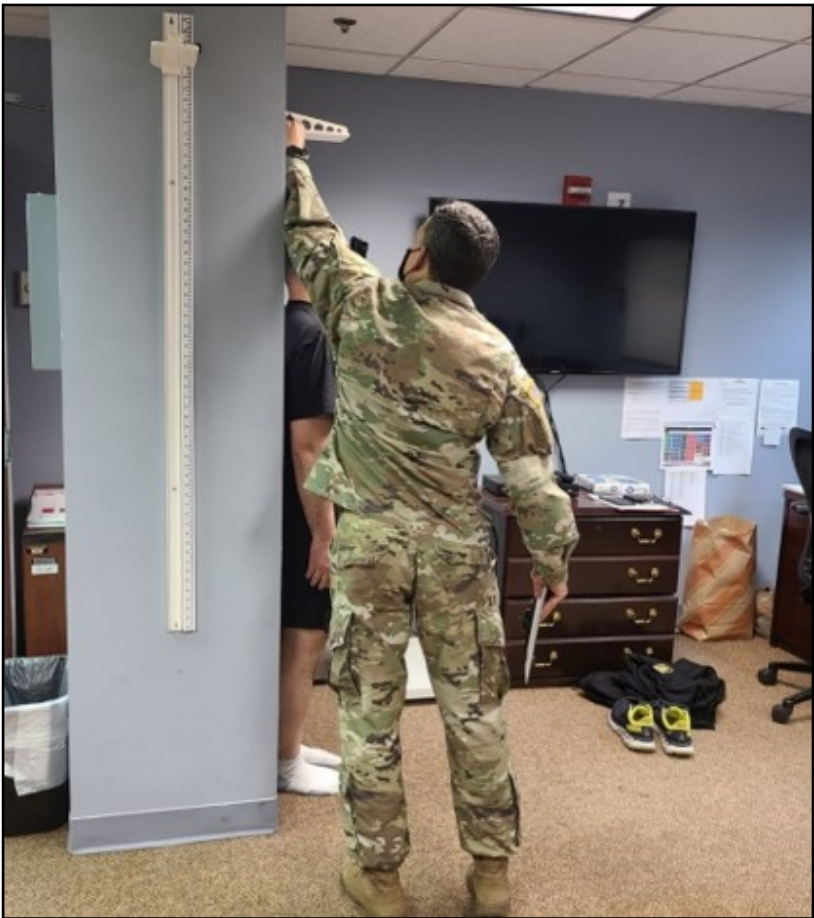


Photo by Sgt. 1st Class Richard Ciccarella
Staff Sgt. Luis Vegatorres helps a Soldier conduct a height screening to ensure Army regulatory compliance.

On April 1, Headquarters and Headquarters Company, U.S. Army Garrison, conducted the first Soldier readiness processing, or SRP, on Joint Base Myer-Henderson Hall's Bldg. 417 in more than 18 years and the first ever recorded for JBM-HH's Headquarters Battalion.

The SRP was designed to be proactive in HHC, USAG, HQ Bn., and garrison readiness in medical, dental, training, personnel records as well as other things needed for an SRP. The event included a JBM-HH Sexual Harassment/Assault Response and Prevention Program interactive scenario-based experience for unit members to participate.

"It feels good to be a Soldier, doing Soldier tasks," said JBM-HH Commander Col. Kimberly Peeples, "it feels good to be told to stand in line and show my ID tags."

Peeples was referring to the Army's universal effort to improve readiness numbers, something that an SRP affords combat units, but is rarely used in a garrison environment.

Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks

Cloth mask over medical procedure mask

Medical procedure mask with knotted ear loops and tucked-in sides

Other effective options to improve fit include:

Mask fitter

Nylon covering over mask

CDC.GOV bit.ly/MMWR21021 MMWR

Pentagram



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JBM-HH raising awareness during Child Abuse Prevention Month



Photos courtesy of Megan Read

During the month of April, community members use pinwheels as a visible show of support for keeping children in their community safe. The pinwheel is a happy, uplifting symbol of childhood and can be used in a number of ways to draw attention to the prevention of child abuse and neglect. The blue bows are displayed on trees down Lee Ave, and the bags are filled with outreach and educational giveaways which were distributed to all Families and students at the Joint Base Myer-Henderson Hall Child Development Center.

Joint base, AAFES recognize Vietnam veterans



Photo by Ralph Henderson

On March 29, about 20 veterans participated in the Vietnam Veterans Day at the Joint Base Myer-Henderson Hall Exchange. JBM-HH Commander Col. Kimberly Peebles was on hand to welcome and talk to the veterans. The veterans who were in attendance received a Vietnam Veteran pin from the AAFES staff.



Photo by Marine Corps Lance Cpl. Jacqueline Parsons

Marines assigned to the 10th Marine Regiment, 2d Marine Division, welcome students at Johnson Primary School at Camp Lejeune, North Carolina, Aug. 24, 2020. The Marines cheered as the students arrived at school for the first time in several months while adhering to COVID-19 guidelines. The Department of Defense Education Activity instructed parents and students to conduct daily health screenings and temperature checks before leaving their homes.

DOD commemorates Month of the Military Child

By David Vergun
DOD News

Every April since 1986, the Defense Department has celebrated the Month of the Military Child.

“Alongside many service members are brave military children who make significant contributions and sacrifices for Family and country while dealing with the challenges of military life,” said Patricia “Patty” Montes Barron, deputy assistant secretary of defense for military community and family policy.

One of the challenges faced by military children is the fact that military Families move on average every two or three years, causing impacts that include changing schools and friends.

The department and military services are committed to celebrating and supporting these children to ensure they and their parents thrive — not only during the Month of the Military Child, but

throughout the year, Barron said. “Each of you play a unique and invaluable role in your Family and in the overall military community,” she said, adding that there are more than 1.6 million military children.

Dr. Kelly Blasko, counseling psychologist and lead of Military Kids Connect at the Defense Health Agency’s Connected Health branch, said, “Military kids are the cornerstone of military Families worldwide. Helping ensure their health and mental well-being enables military parents to focus on serving the country. Military kids provide creative and resourceful support to their Families and communities, all while regularly adapting to new environments and making sacrifices alongside their parents.”

DOD will host a number of live events on the Military OneSource Facebook page, Twitter and YouTube throughout the month, including Blasko; Trevor Romain,

best-selling children’s book author; and Dr. Kenneth Ginsburg, pediatrician and adolescent medicine specialist.

Throughout April, people are encouraged to “purple up” and show their support to military kids by posting a selfie while wearing purple and posting it to social media with the hashtag #purpleup.

Blasko is also encouraging Families to participate in related events or access available resources, including:

•**Military OneSource:** a DOD-funded program that provides comprehensive information, resources and assistance on every aspect of military life through its call center and website. Service members and the Families of active duty National Guardsmen and all reservists (regardless of activation status); Coast Guard members when activated for the

Navy, DOD expeditionary civilians and service members’ survivors are eligible for Military OneSource services. The free services are available worldwide 24/7.

•**Military Kids Connect:** an online community for military children ages 6-17. It provides access to age-appropriate resources for military kids, as well as resources to help parents, caregivers and educators understand and support military kids at home and in school.

•**Sesame Street for Military Families:** a free, bilingual (English and Spanish) website where Families can find information and multimedia resources on military deployments, multiple deployments, homecomings, injuries, grief and self-expression.



Home on the range

By Retired Chaplain (Brig. Gen.) Ray Bailey
Former Deputy Chief of Chaplains

“Oh, give me a home where the buffalo roam where the deer and the antelope play where seldom is heard a discouraging word and the skies are not cloudy all day.”

I love that song from the cowboy era. Every time I heard it, I just pictured myself on a horse standing on a hill overlooking hills and meadows with the bubbling stream winding from the mountain peaks on the horizon. There are hawks and other birds soaring above me in a big blue sky. No sound but the wind, birds and the stream. No bills to pay. No yelling, screaming and the sounds of horns honking. No sign of crimes committed or families ripped apart by violence or negligence.

Now, some of you have jumped to the conclusion that Ray has lost it and is in la-la land. Others have no clue of what song I just quoted. That’s OK, because it’s not the song I’m leading to, but what the song represents to me at this time. It’s the verse of a song of peacefulness of the heart, quietness of the mind, a strong faith, simplicity of life and hope for today and tomorrow.

Lately I’ve been paying a lot of attention to the news, national and international. The news is dominating of hatred, violence, hopelessness, financial hardship and disease that affects individuals and whole nations. In the midst of

neighbor, benevolence, caring, an enduring faith and righteous courage. Stories are shared of hope, like flowers in the midst of thistles. I read of money donated to families in a great loss of loved ones or homes. I read about a stranger who parked his car at an intersection and helps an elderly man in a wheelchair across a dangerous corner. I read of a man standing at the checkout line behind a young mother in tears who could not afford to buy diapers for her child when she is short of money. He not only reaches out and buys for her the diapers, but all her other items she desperately needs. “Where seldom is heard a discouraging word.” I can’t actually sit on a hilltop on a horse and see and hear all the quiet and peaceful views and sounds. However, I can see and hear of the goodness happening around me between the sounds of hopelessness and my heart is on that hilltop. I can see the flowers in the thistles verses the thistles with an occasional odd flower. There are encouraging words out there. Just sit quietly, listen closely, and you will hear and see the laughter, tears of gratitude, tears of healing, prayers of faith and smiles of hope.



Photo by nps.gov

this discouraging reading, I come occasionally to an article that talks about sacrifice, love of

JBM-HH Religious Services are back up and running on a weekly basis at Memorial Chapel. Attendance is limited to no more than 50 personnel in the chapel, so individuals must register to attend.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhrrso/> or email the Religious Support Office at usarmy.jbmhh.usag.mbx.memorial-chapel@mail.mil. Services are subject to cancellation in the event of inclement weather.

To register for Catholic Mass, contact the Catholic coordinator by email at info@jbmhhmcc.com.

Catholic Mass

Protestant Service

Gospel Service

Samoan Service

Saturday at 5 p.m. and Sunday at 8:30 a.m.

Sunday at 10:30 a.m.

Sunday at 12:30 p.m.

Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass

General Protestant

Gospel Service

8:30 a.m.

10:30 a.m.

12:30 p.m.

HONORABLE SERVICE ♦ TRUST ♦ STEWARDSHIP

5



ABLEnow

ABLEnow is April 15 from 11:30 a.m. to 12:30 p.m. ABLEnow is a new way to save, invest and pay for qualified disability expenses. Eligible individuals can save without endangering certain means-tested benefits critical to their health and well-being. ABLEnow accounts are made possible by the Achieving a Better Life Experience Act, which authorized states to establish tax-advantaged savings programs for individuals with disabilities and their Families. To register, visit <https://www.eventbrite.com/e/ablenow-tickets-142933364541>.

Ins, outs of IEPs

On April 29 at 11:30 a.m., the ins and outs of IEPs will be held. This presentation will help prepare parents by providing a glimpse into IEP meetings, practical advice on how to participate in meetings and how to have productive, student-focused meeting.

From preplanning to working together afterward, this presentation will support the building of collaborative relationships and development of parent’s advocacy skills while focusing on the needs of the students.

This presentation is only available to military-connected Families.

To register, please visit <https://bit.ly/36yNUap>.

Virtual play morning

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.




















Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

ACS YouTube channel

JBM-HH Army Community Service has announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>. and click “Subscribe” and continue to receive resources available whenever.

APRIL IS Child Abuse Prevention Month Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><h1>All In to End Child Abuse</h1><div></div><p>For more information, please visit www.mccsHH.com</p></div>				1 Proclamation Signing JBMHH Virtual Play Morning, Webex 10-10:30 Anger Management 1-3 (HH)	2 Child Abuse Prevention Training (All CYS Staff) 8-9 (ACS) Stress Management Video 1 (HH)	3
4	5 Family Advocacy Program Introductions and Resource Video 	6 Stress Management Video 2 (HH) 	7 Prevention Parenting Tips (NPSP/ACS) 	8 JBMHH Virtual Play Morning, Webex 10-10:30 Anger Management 1-3 (HH) 	9 Stress Management Video 3 (HH) 	10
11	12	13 Stress Management Video 4 (HH)  MAGIC (Session 1), 11-1 (ACS)	14 Prevention Parenting Tips (NPSP/ACS) 	15 JBMHH Virtual Play Morning, Webex 10-10:30 Anger Management 1-3 (HH) 	16 Stress Management Video 5 (HH) 	17
18	19 Cooperative Parenting and Divorce Class, Bldg12, Conf. Rm 12-4 (HH) 	20 Stress Management Video 6 (HH)  MAGIC (Session 1), 11-1 (ACS)	21 Prevention Parenting Tips (NPSP/ACS) Positive Parenting Techniques Virtual Class (Michelle Walker- presenter) 1100-1300 (ACS)	22 JBMHH Virtual Play Morning, Webex 10-10:30 Anger Management 1-3 (HH) 	23 Stress Management Video 7 (HH) Baby Boot Camp via Adobe Conn. 9-11:30 (HH) 	24
25	26	27 Stress Management Video 8 (HH) 	28 Prevention Parenting Tips (NPSP/ACS) 	29 JBMHH Virtual Play Morning, Webex 10-10:30 Anger Management 1-3 (HH) 	30	31



SHARP director: Preventing sexual assault is everyone's responsibility

By Devon L. Suits
Army News Service

Building a culture of prevention, awareness, trust and support continue to drive efforts within the Army's Sexual Harassment/Assault Response and Prevention program, as it works toward rolling out new changes to eliminate those harmful behaviors.

"As we turn our focus to National Sexual Assault Awareness and Prevention Month during April, it is going to take all of us working together throughout the year," said Jill Londagin, the SHARP program director. "Together, we can work toward eliminating inappropriate behavior and prevent sexual violence. Every member of our Army Family has an obligation to live the Army's values and ensure that everyone is treated with dignity and respect."

Restoring trust

Year-round, the SHARP program maintains its commitment to eliminating sexual harassment/assault and associated retaliation, in addition to supporting survivors and holding offenders accountable, she said.

The success of the program requires leaders at all levels to take responsibility through the development and maintenance of professional organizational climates, she said.

It is incumbent of all leaders to harbor an environment built on trust, all while reinforcing the Army's values and culture throughout constant training across a Soldier's career.

Unit cohesion is also a core focus of the Army's "This is My Squad" initiative, which aims to create unified, physically fit, trained and ready teams.

"We believe a culture of trust can prevent or stop a sexual assault," Londagin said. "Squad leaders are the most influential members of the unit. They set the climate and they know and understand their Soldiers and their Families. They actively influence squad members to perform at their maximum potential and adhere to the Army's values."

In addition to building trust at



Graphic by Sgt. 1st Class Caleb Barrieau

Building a culture of prevention, awareness, trust and support continue to drive efforts within the Army's Sexual Harassment/Assault Response and Prevention program, as it works toward rolling out new changes to eliminate those harmful behaviors. April is National Sexual Assault Awareness and Prevention Month and it is going to take all Army personnel working together throughout the year to eliminate inappropriate behavior and prevent sexual violence, according to the director of SHARP.

the unit level, the Army has established the People First Task Force to address the list of findings and recommendations from the Fort Hood Independent Review Committee report released in December.

One immediate action under the PFTF included an Armywide solarium, held in mid-March at the U.S. Military Academy in West Point, New York, Londagin said.

One hundred junior officers and enlisted Soldiers throughout the active duty, Guard and Reserve participated in the event. They were divided into smaller groups to discuss ways to rid the Army of sexual harassment/assault, discrimination/extremism and suicide.

Task force recommendations will inform changes to Army policy, programs and directives to ensure the safety and well-being of personnel, as the Army continues to address behaviors that impact cohesion and trust.

Secretary of Defense Lloyd Austin also recently directed a 90-day Independent Review Commission on countering sexual assault within the military, Londagin said. One of the commission's lines of effort will target victim support and care, as the Department of Defense and Army build a better culture of trust and support.

Proving support

Trust and support go hand in hand, Londagin said. Sexual assault response coordinators and victim advocates are standing by to support individuals with resources, advocacy services or guide them through the restricted or unrestricted reporting process.

Peers and leaders also need to be mindful, supportive and non-judgmental, particularly if a survivor chooses to disclose information about an assault, Londagin added.

"We know that it's not always easy to respond to someone when they tell you that they have been

sexually assaulted, especially if it's a friend or Family member," she said. "Often listening is the best way to support the survivor. Using phrases such as 'I believe you; I support you; and I want you to know that you are not alone,' goes a long way to show support."

While SHARP professionals continue to be ready when an incident occurs, Soldiers, civilians and Family members can also learn about the range of resources available to a survivor. Victims can seek medical attention or behavioral health support, report a crime through the Army Criminal Investigation Command, or even call the DOD Safe Helpline at (877) 995-5247.

The helpline is a secure, confidential and anonymous crisis support service specially designed for DOD personnel affected by sexual assault.

"It is also important to high

See SHARP, page 8

Five tips to protect seniors from financial scams

By StatePoint

Social isolation among seniors is not only linked to numerous negative health consequences like depression and cardiovascular disease, but it’s also a primary contributing factor in financial exploitation and scams. Estimated to affect 1 in 10 older adults and cost billions annually, the threat of elder financial fraud is pervasive, and especially so right now.

With seniors more isolated than ever due to the pandemic and stimulus checks being sent to millions of Americans nationwide, experts suggest that seniors and their families be extra vigilant.

“Scammers look for key time periods where money and private financial information are in motion,” said Ron Long, head of aging client services. “Not only is IRS fraud one of the most common and successful types of scams that exists, as a general rule, additional money equates to additional fraud.

“Scammers are banking on the fact that many seniors are apart from families and friends due to COVID-19. When someone is alone, physically or socially, they often miss out on the added benefit of a second pair of eyes and ears.”

Compounding the risks associated with isolation is the number of seniors who feel their chances of falling victim to a financial scam is unlikely. According to a recent study conducted by the Harris Poll, 69% of all seniors age 60 and above believe they’re not

likely to be susceptible to a financial scam, despite nearly all seniors (97%) acknowledging that older people are very or somewhat susceptible to becoming a victim. When asked about their peers, the poll found that 47% of all seniors knew someone who had already fallen victim to a scam.

“The results indicate what most of us want — the ability to age relatively unaffected from the realities associated with aging,” said Dr. Marti DeLiema, a gerontologist. “The problem is that when someone doesn’t feel they’re at risk, they’re unlikely to take precaution.”

To protect seniors from elder financial fraud and abuse, consider these tips:

1. **Don’t wait for a crisis.** Seniors should speak with trustworthy family members about financial plans, as well as consult them when something doesn’t feel right.

2. **Stay up-to-date.** Seniors and families should draft and periodically update legal documents such as wills, health care directives and powers of attorney.



Photo by (c) Daisy-Daisy / iStock via Getty Images Plus

Social isolation among seniors is also a primary contributing factor in financial exploitation and scams.

3. **Automate.** Seniors should consider signing up for direct deposit, automatic bill pay and large transaction alerts.

4. **Prioritize security.** Seniors should keep checks and credit cards locked away, and update passwords when information is compromised. They should also carefully review credit reports, account statements and bills for unusual activity or charges.

5. **Be aware.** Families can help seniors stay aware of the latest and most common scams, as well as help them identify potential red flags, including:

- Alleged emergency situa-

tions involving family members, often grandchildren, requiring immediate payment.

- Lottery winnings requiring upfront cash payment for taxes and other fees.
- Phone calls from alleged government agencies, such as Social Security, threatening arrest or penalties.

“Aging resiliently requires planning ahead and not shying away from difficult conversations,” said Long. “We have to talk with our older loved ones about the risks, the warning signs and prevention — and we have to keep talking.”

SHARP from page 7

light ‘bystander intervention’ or anything that someone can do to stop a potentially harmful situation,” Londagin said. “It is everyone’s responsibility to maintain a safe and respectful Army (and) we need (everyone) to stand up and step up against this behavior.”

SHARP program improvements

A stand-alone SHARP regulation is in the final stages of approval, as the Army looks to

vide SHARP professionals and leaders one unified regulation to enable and improve sexual harassment/assault prevention and response requirements throughout the force.

While the policy is still under review, it could be approved and released within the next two months, Londagin said. However, findings by the PFTF and DOD Independent Review Commission could delay the regulation’s release to ensure all recommendations are reviewed and incorporated, as part of the pro-

imperative it is to have one stand-alone regulation to identify the responsibilities and activities of leaders and SHARP professionals to fully execute the program.”

Army senior leaders have also submitted a permanent exception to DOD policy to ensure proper care of Army civilians and adult dependents who have reported being sexually assaulted while stationed in the U.S. or abroad, she said.

Under the current policy, the Army can only provide limited services to civilians and Family members 18 years and older, if they are overseas, she added. The new policy will provide individuals unrestricted reporting options and SARC and victim advocate services. Civilians and adult dependents will also have access to advocacy services during the investigation, legal and recovery process.

“Historically, we have asked for an exemption to policy for two years,” Londagin said.

With a permanent exemption in place, the Army can “provide the support our Army civilians and Families need (and) the advocacy services that we know that they deserve,” said Londagin.

SHARP program leaders are also working toward a centralized selection and management process for all SARCs and victim advocates.

A centralized selection process will help improve the program by setting standardized criteria for all SHARP personnel, Londagin said. Commanders will still be able to nominate a Soldier for a SARC and victim advocate role, while a centralized approach will ensure that the best people are in place to support sexual harassment/assault prevention efforts.



consolidate close to 15 different regulations and directives, Londagin said.

Once released, the new guidance will pro-

gram’s transformation.

“We are trying to get it out to the field as quickly as possible,” she said. “We know how

Telemedicine advances put to test during pandemic

By National Museum of Health and Medicine Public Affairs

In the wake of the COVID-19 crisis, the Telemedicine and Advanced Technology Research Center continues to develop technology that increases medical capabilities and provides rapid, flexible critical care expertise at the point of need.

During a recent Medical Museum Science Café, held virtually by the National Museum of Health and Medicine in Silver Spring, Maryland, TATRC director Col. Jeremy Pamplin described the implementation of the National Emergency Tele-Critical Care Network and how telemedicine can improve outcomes for disaster response.

COVID-19 has led to the need for physical distancing and has overwhelmed the capacities of health systems, compelling many to adopt telehealth solutions. Clinicians discovered how telemedicine can enhance communication efforts, reduce exposure and personal protective equipment consumption, improve efficiency and quality of care, increase access to specialty services and in some cases lower costs and optimize the use of resources.

However, as Pamplin mentioned, the findings fluctuated due to the complex nature of the U.S. health system, which is an intricate mix of local, state and federal policies and diverse expectations, cultures and belief systems. For example, the implementation of telehealth may improve outcomes for one organization, whereas the same implementation elsewhere may not.

Pamplin described how he and his colleagues studied the implementation of telemedicine in a military environment.

“Telemedicine in the military has consistently enabled military clinicians around the world to work beyond their typical scope of practice while deployed in austere, resource limited environments by providing reach-back capability to military experts working in refer-



A virtual health exercise at Madigan Army Medical Center at Joint Base Lewis-McChord, Washington. Photo by U.S. Army

ral centers across the globe,” he said. Pamplin then looked at the potential use of a telecritical health system for large-scale military operations. According to Pamplin, telehealth technology could be adapted to a variety of care contexts including large-scale combat situations or natural disasters that rely on military aid. Partnering with the civilian sector, Pamplin and his colleagues developed NETCCN, a telehealth system that could consolidate telehealth networks and manage a high patient capacity during an emergency or a national crisis. When COVID-19 emerged, Pamplin and his team began the implementation of NETCCN to help respond to the current stressed health care system. According to Pamplin, the network brings remote critical care expertise to the point of care, providing e-consult support, remote home monitoring, relief coverage, tiered staffing and specialty

services. “The NETCCN addresses the lack of critical care clinicians across our nation by shifting these resources where and when needed,” Pamplin said. “In a dynamic, flexible fashion, NETCC links remote expertise to frontline providers, often working beyond their scope of training, using secure, HIPAA compliant applications on mobile devices, thus bypassing the lengthy process of purchasing and installing expensive hardware packages. “TATRC’s efforts to address the benefits and challenges of telemedicine were put to the test during the COVID-19 pandemic, and documenting these innovations in military medicine contributes to NMHM’s mission to share the value of the nation’s investment in programs like those of TATRC,” said Andrea Schierkolk, NMHM’s public programs manager. For more information on TATRC and its initiatives, please visit at www.tatrc.org.



Smith Gym Operational Times Starting in April

100% ID Check will be in effect.

Monday - Friday	
5:30am - 9:00am	Open
9:00am - 10:00am	Closed for Cleaning
10:00am - 2:00pm	Open
2:00pm - 3:00pm	Closed for Cleaning
3:00pm - 6:00pm	Open
Saturday - Sunday	
8:00am - 11:00am	Open
11:00am - 12:00pm	Closed for Cleaning
12:00pm - 2:00pm	Open


Open to DoD ID card holders
Only 50 patrons will be allowed inside the facility at a time.
Availability will be on be on a first come first served basis.
We ask that all workouts do not exceed 1 HOUR. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers ARE OPEN.
The H.I.T.T. facility will be closed. Group workouts are prohibited.



Gym Front Desk
703-614-7214



it's a tough
Climb to the
TOP!



don't let
Alcohol
keep you
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News Notes

JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for 1 p.m. Thursday with JBM-HH Deputy Commander Marine Lt. Col. Mark A. Paolicelli, Andrew Rader U.S. Army Health Clinic Deputy Commander for Nursing Maj. Canisha Martin and Cmdr. Jeff Showalter of the U.S. Public Health Service. Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at usarmy.jbmhh.asa.list.pao-all@mail.mil.

Death notice

Anyone with debts owed to or by the estate of Col. Michael W. Greenly, office of the assistant secretary of defense health affairs, must contact Navy Lt. Cmdr. Ariel Campbell, the summary court officer for the Soldier. Greenly passed away March 27. Call Campbell at (703) 309-1148.

Anyone with debts owed to or by the estate of Spc. Travis M. West, 289th Military Police Company, 4-3 Infantry, Joint Base Myer-Henderson Hall, VA 22211 must contact 1st Lt. Peter Chapin, the summary court-martial officer for the Soldier. West passed away March 13. Chapin can be reached at (540) 319-3269 or at peter.s.chapin.mil@mail.mil.

CYS summer camp

Military, DOD civilian and other eligible patrons interested in the JBM-HH Child and Youth Services School-Age Care Summer Camp program may submit a "Request for Care" on military-childcare.com to be placed on the waitlist. Spaces are limited and offers for care will be made by priority category. For more information, please visit military-childcare.com or call the JBM-HH CYS Parent and Outreach Services office at (703) 696-0575 or (703) 696-8850.

ASAP training

On April 20, the Joint Base Myer-Henderson Hall Army Substance Abuse Program is hosting Alcohol Awareness Month installation level training from 1 to 2 p.m. The training will be conducted via Microsoft Teams at <https://teams.microsoft.com/l/channel/19%3a6596e5cf51db412cb05556ab954530a5%40thread.skype/General?groupId=8a7da92e-c4ef-409b-b4ce15c07a669603&tenantId=21acfb3-32be-4715-9025-1e2f015cbbe9>. This training will fulfill the annual ASAP requirement. For more information, please contact George Suber at (703) 696-3900.

Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Mon-

day through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open.

The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

Commissary hours, updates

The Fort Myer Commissary is open at regular business hours, Monday through Friday from 8 a.m. to 7:30 p.m., Saturday from 8 a.m. to 6:30 p.m. and Sunday, 8 a.m. to 6 p.m. The Defense Commissary Agency lifted the customer limit on paper and cleaning items. Additionally, DECA has now approved the use of reusable bags at the store.

For additional information on the Fort Myer Commissary, visit the commissary's official website at <https://www.commissaries.com/shopping/store-locations/fort-myer/>.

Civilian leave assist

JBM-HH Directorate of Emergency services employee Marla A. Curry and Jay Vaughters and Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employees who would like to donate annual leave can fill out form OP-M630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf.

Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriguez.civ@mail.mil.

Clinic answers COVID-19 questions

Rader Clinic has developed a public service announcement to address all the frequently asked questions about the COVID-19 vaccine being administered by the clinic. Please take a moment to

view this important video, where a person can meet the Rader Health Clinic team and educate him or her about the vaccine to protect loved ones and the community.

Please access the following link to view the video at <https://www.facebook.com/jbmhh/videos/861733764381647>.

Army fitness centers expand hours of operation

The Forts Myer and McNair gyms are now open Monday through Friday for DOD ID cardholders. All patrons must wear masks at all times in all JBM-HH gyms, to include during active exercise. Occupancy at both gyms is limited to 50 patrons at a time on a first-come, first-served basis.

The Myer Fitness Center is open weekdays from 5 to 7:30 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. The McNair Fitness Center is open Monday through Friday from 5 to 10 a.m. The Patton Hall Pools remain closed. The Smith Gym is open to DOD ID card holders Monday through Friday from 5:30 to 9 a.m., 10 a.m. to 2 p.m. and 3 to 6 p.m., and weekends from 8 to 11 a.m. and noon to 2 p.m. The locker rooms and showers have reopened for active duty only. Zembiec Pool is closed due to an issue with the dome heating system in the facility. Updates will continue to be shared at the JBM-HH Virtual COVID-19 Town Halls and at www.facebook.com/jbmhh.

Face covering policy updates

As previously reported, the joint base has been following the secretary of defense's face mask guidance requiring all individuals on JBM-HH to wear face masks at all times in accordance with the most current CDC guidelines. Individuals must wear face masks continuously while on JBM-HH, with some exceptions.

A memorandum from senior Military District of Washington Commander Maj. Gen. Omar Jones provides additional guidance and exceptions to policy that address service members performing ceremonial duties, band member rehearsals and performances, personnel speaking in a formal capacity and personnel conducting official Army physical testing events. Exceptions address residents and those conducting outdoor physical activity on base. Installation residents may remove masks while in personally owned vehicles with members of their own household and while in their private yard with members of their own household. Masks will be worn in community areas such as playgrounds and parks.

Guidance includes clarity on how the policy applies to outdoor physical activity. Individuals may remove masks while actively conducting physical training outdoors. Individuals will maintain 6 feet of separation from other individuals

who are not members of their immediate Family. If conducting physical fitness in a group and physical distancing of 6 feet of separation cannot be maintained, a mask is required. Physical activities include cardiovascular development, muscular strength/endurance development, and low intensity outdoor activities (ex. dog walking).

This policy will continue to be updated, and updates will be provided on PAO's platforms, including the JBM-HH website, Facebook page and at JBM-HH Virtual COVID-19 Town Halls.

Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

MilFam Market

The USO now holds a MilFam Market the third Thursday of every month from 11 a.m. to 1 p.m. at the JBM-HH Community Center. Service members, Families, veterans, retirees, reservists, National Guard and those with base access are welcome. Please contact Denzil Harrison by email at dharrison@usometro.org or Carla Moss at (703) 655-6091 for additional information.

Local Jewish services

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families.

For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at saralyn.astrow.ctr@mail.mil or phone at (703)-806-3393.

JBM-HH COVID-19 facility updates

Due to the recent rise in COVID-19 cases in the region, please be advised of the following: The AAFES Food Court dining area is currently closed. Food options are still be available for take-out. Masks and social distancing are required. Patrons of all three JBM-HH Gyms (Myer, McNair and Henderson Hall) must now wear face masks at all times, to include during active exercise.